

# DECOMPRESSION: THE 3-3-3 RULE

Patience is critical when you welcome a new dog into your home. Settling in takes time for many, but it is well worth the wait. Slow, proper introductions with children and other animals is vital. The 3-3-3 Rule outlines a general decompression guideline. It applies to both fostered and adopted dogs. Every dog is different and will transition and adjust in their own way and at their own pace. Dogs should have a safe place in the house they can go to at all times.

3

## DAYS TO DECOMPRESS



### Your new dog may:

- need space to adjust
- be nervous, timid, and overwhelmed
- hide under furniture
- not have a regular appetite or bowel movements
- test boundaries
- not act him/herself
- regress on house- and crate-training
- be a flight risk (keep secure!)

3

## WEEKS TO LEARN A NEW ROUTINE



### Your new dog may:

- start settling in and predicting routines
- feel more comfortable
- recognize you as his/her own people
- show more personality
- exhibit behavioral issues
- interact with other pets more
- require additional training

3

## MONTHS TO FEEL AT HOME



### Your new dog may:

- feel bonded
- display true personality
- feel comfortable in new home
- be ready for more advanced training
- have a sense of security + trust
- understand routines and place in the pack